

SETH COX

Transportation & Rail Operations Professional

PROFESSIONAL SUMMARY

Results-driven rail operations and safety leader with over 45 years of experience across Class I freight, commuter rail, and major infrastructure projects. Proven track record of reducing safety incidents, improving operational efficiency, and leading high-risk rail environments. Expert in train dispatching, signal operations, regulatory compliance, and workforce training. Recognized for driving continuous improvement, implementing Standard Work, and leading large-scale transportation projects under FRA, GCOR, and RWP regulations.

CORE COMPETENCIES

- Rail Operations & Train Dispatching
 - Safety Leadership & Incident Reduction
 - FRA Compliance, GCOR / USOR Rule Enforcement
 - Risk Identification & Mitigation (RIM)
 - Standard Work & Continuous Improvement (Lean)
 - Employee Training, Certification & Instruction
 - Emergency Response & Incident Command
 - Terminal & Yard Operations Management
 - Infrastructure Project Safety Oversight
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PROFESSIONAL EXPERIENCE

Gerber Rail LLC

Rules Instructor – GCOR / Air Brake & Train Handling

March 2022 – Present

- Deliver comprehensive training programs for new-hire conductors in GCOR, air brake systems, train handling, and hazardous materials.

- Lead structured curriculum focused on safety compliance, operational readiness, and real-world application.
 - Support workforce development through field-based instruction and performance evaluation.
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BART – Transbay Tube Project *(Contract)*

Instructor – Power Unit Operator Training

May 2021 – October 2021

- Trained operators and crews on safe work-train operations within restricted work environments.
 - Ensured strict adherence to operating rules and roadway worker protection (RWP) standards.
 - Evaluated operator performance and reinforced safety-critical procedures.
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RTDC – Denver Commuter Rail (N Line) *(Contract)*

Rules Instructor / Certification Trainer

May 2019 – July 2020

- Delivered classroom and field instruction (120+ hours) for engineers and conductors.
 - Developed standardized operating procedures across terminals and commuter corridors.
 - Certified personnel on passenger rail equipment and operating rules.
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Canadian National Railway (CN) – Homewood Campus *(Contract)*

Rules Instructor – USOR

July 2019 – November 2019

- Conducted intensive conductor training programs covering USOR, air brakes, and hazardous materials.
- Delivered structured curriculum emphasizing safety, compliance, and operational execution.

Caltrain Tunnel Rail Replacement Project (Contract)

On-Site Safety Supervisor

February 2019 – May 2019

- Oversaw safety for personnel and equipment during tunnel infrastructure replacement.
- Ensured compliance with railroad operating rules and contractor safety protocols.

San Diego Corridor Construction Project (MCTC)

On-Site Supervisor / Employee-in-Charge

January 2017 – February 2019

- Directed on-track safety and controlled train movements under GCOR Form B protection.
- Coordinated 35+ daily train movements through active work zones with passenger traffic up to 75 mph.
- Protected crews and ensured compliance in high-risk, high-density corridors.

Union Pacific Railroad – Western Region

Director, Standard Work / Continuous Improvement

June 2012 – May 2016

- Led regional initiatives to improve safety, reduce operational waste, and standardize processes.
- Implemented Leader Standard Work across multiple terminals.
- Trained leadership teams in RIM, problem-solving, and Lean methodologies.

Senior Manager, Terminal Operations (Los Angeles Central)

August 2009 – June 2012

- Directed terminal operations to meet service, safety, and productivity goals.
- Developed workforce engagement strategies and standardized yard operations.
- Oversaw safety audits, FRA compliance, and customer service improvements.

Manager, Train Operations

November 2005 – August 2009

- Managed remote-control locomotive operations and yard safety programs.
- Reduced incident rates through targeted safety initiatives and workforce engagement.
- Led emergency response efforts and cross-functional coordination.

Corridor Manager

August 1997 – November 2005

- Managed train dispatching across major rail corridors.
- Coordinated with engineering, field operations, and external rail partners.
- Conducted efficiency testing and ensured compliance with operating rules.

Train Dispatcher – Southern Pacific / Union Pacific

June 1992 – August 1997

- Directed safe train movement and issued operating authorities.
- Maintained compliance with FRA regulations and operational documentation.

Signal Gang Foreman – Southern Pacific Railroad

October 1988 – June 1992

- Supervised installation and maintenance of wayside signals, crossings, and detection systems.

EDUCATION & TRAINING

- Railroad Operations & Signaling
 - Risk Identification & Mitigation (RIM)
 - Critical Incident Response
 - Investigations & Hearing Officer Training
 - Federal Railroad Safety Act Compliance
 - Workplace Safety & Diversity Training
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CERTIFICATIONS

- Passenger Train Engineer Certification (2020)
 - Conductor Certification (2019)
 - DSLE / Remote Control Locomotive Certification (2006)
 - Terminal Operations Management (2006)
 - Derailment Cause Investigation (2005)
 - Class I Train Dispatching Qualification (1992)
 - Railroad Signal Certification – Denver & Rio Grande (1979)
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ADDITIONAL STRENGTHS

- Proven leadership in high-risk rail environments
 - Strong regulatory and compliance expertise
 - Extensive experience in training and workforce development
 - Trusted advisor on rail safety, operations, and risk mitigation
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Gerber Rail LLC

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